



REHABILITATION

# Flexor Tendon Repair Zone I to V

Weeks 4-6

***It is now 4 weeks since  
your operation.***

Your tendon is repairing and becoming stronger but still requires protection to avoid the weak healing tissue tearing apart again.

You may now begin to remove your splint for periods of exercise and light activities during the day. Light activities include turning pages, eating, folding light laundry, tying a shoe, buttoning and typing.

Ask your Hand Therapist when you may begin specific activities if you are in doubt to avoid over doing it and undoing all your hard work.

Continue to wear the splint at night.

Remember the effort you put into your rehabilitation is significantly related to the end result obtained from your repaired tendon.

***Repeat the exercises every  
2 hours during the day,  
having carefully removed  
your splint.***

***Repeat the exercises  
shown in these pictures  
every 2 hours during the  
day.***

Place your hand on the table with your palm facing upwards. Straighten out the fingers of your injured hand so that the backs of your finger tips just touch the table, then relax.

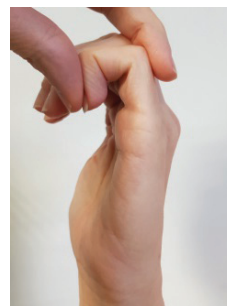
**Do not** use the other hand to push them back, let the injured fingers do the work.

***Repeat 10 times***



Use your uninjured hand to bend each of the fingers of the injured hand into a hook grip and fist, as shown. Hold for 10 seconds, then relax.

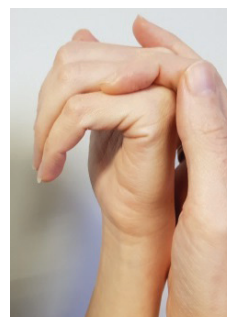
***Repeat 10 times***



***Light use of your hand is  
now allowed. Please be  
guided by your hand  
therapist on what is  
defined as light  
activities.***

Use your uninjured hand to place a finger above the big knuckle joint of your injured finger. Gently bend your big knuckle. Allow the top two joints of your injured finger to relax, then gently straighten your finger against the resistance of your uninjured finger, while keeping the big knuckle bent. Relax and start again.

***Repeat 10 times***

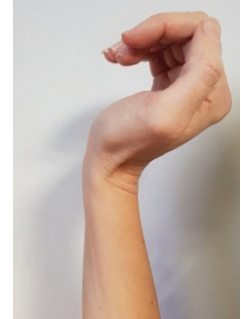




## REHABILITATION

Gently bend your wrist forwards while allowing your fingers to gently straighten at the same time. Bend your wrist back while allowing your fingers to naturally form a gentle fist.

*Repeat 10 times*



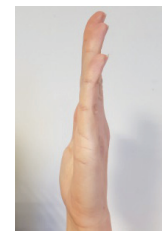
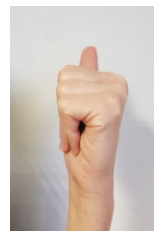
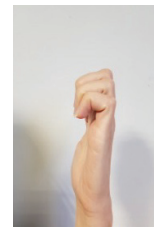
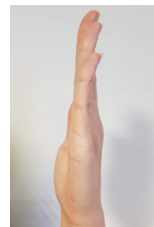
Bend the thumb of your injured hand towards the base of your little finger and then straighten it out. Do not use the other hand to increase this movement.

*Repeat 10 times*



Complete the following exercises in sequence, with a goal of making a full fist by 6-weeks. Remember to start the movement from the top joint first.

*Repeat 10 times*



### DO'S

- Use your hand for light activities
- Do wear the splint at night and while outside
- Do continue scar massage
- Do manage your swelling
- Do follow the therapist's recommendations.

- Do contact your hand therapist immediately if your splint or straps break so they can mend it
- Do contact your therapist immediately if you are suddenly unable to bend your repaired finger

### DON'TS

- Don't drive
- Don't force your finger straight with your other hand
- Don't force your wrist backwards with your other hand
- Don't use your injured hand to grip items too tightly